

31st Annual ISKA SUMMER CAMP

Friday, August 9th - Sunday, August 11th, 2019

YMCA Camp Jones Gulch
11000 Pescadero Road, La Honda, CA 94020
(650) 747-1200

Welcome to the **31st Annual ISKA Summer Camp**. This is our second year in this location, after 29 years in the Jack L. Boyd Outdoor School in Fish Camp, CA. We are happy to have you join us in this new location and we look forward to a very exciting camp with the ISKA Sensei.

Throughout this weekend's camp we will delightfully explore concepts in the following areas:
FITNESS • BODY DYNAMICS • KATA • BUNKAI • KUMITE • SELF-DEFENSE • KOBUDO

Please take copious notes and ask probing questions of your Instructors - this is *your* chance to train with highly skilled teachers, who in most cases have **decades** of martial arts experience.

The **goal** of the ISKA Summer Camp is to help you elevate your skill and knowledge of traditional karate and correlating arts, deepen your spiritual understanding of the art, and increase your confidence.

CAMP SCHEDULE:

Friday, August 9th, 2019

Time	Instructor/Facilitator	Topic	Group	Location
2pm-3pm		Arrive and set up		Perkins Lodge
3pm on		Registration opens (cabins open 5pm)	All	Perkins Lodge
4pm-5pm	Justin Butler	Santen Jujitsu – Early Bird Session	All	Perkins Lodge
5pm-6pm	Elizabeth Iparraguirre	Kihon – Early Bird Session	All	Perkins Lodge
6pm-6:30pm	All	Check into cabins (may start earlier)		
6:30-7:30pm		Dinner		Dining Hall
8-9pm	Randhir Baines	Yoga–suggested stretching/light Kihon	All	Perkins Lodge
9-10pm	Peter Johnson	Campfire	All	Campfire site

SATURDAY, AUGUST 10th, 2019

Time	Instructor/Facilitator	Topic	Group	Location
6-6:45am	Peter Johnson	Spirited Sunrise Workout	All	Perkins Lodge
7am-8am		BREAKFAST		Dining Hall
8-8:30am		BREAK - MINGLE/ASK QUESTIONS		
8:30-10am	Rick Llewelyn	Advanced Kata w/Bunkai – Chinte	Black Belts	Perkins Lodge
	John Leggett	Intermediate kata w/Bunkai Jion	Brown Belts	Perkins Lodge
	David & Dianne Laverne	Heian 2 w/Bunkai	Kyu Belts - Teens/Adults	Yurt
	*TBD depends on # of kids		Kyu Belts - Children	TBD
10-10:30am		BREAK - MINGLE/ASK QUESTIONS		
10:30am-12pm	Gary Ellis	Kobudo	Black Belts Kyu Belts - Teens/Adults/	Outdoor
	Robert Stevenson	Heian 3 w/Self Defense Bunkai	Kyu Belts - Children	Perkins Lodge
12pm-1pm		LUNCH		Dining Hall
1pm-1:30pm		BREAK - MINGLE/ASK QUESTIONS		
1:30pm-3pm	Gary Ellis	Kobudo	Kyu Belts - Teens/Adults/Children	Outdoor
	John Leggett	Advanced Kata w/Bunkai Kanku Sho	Black Belts	Perkins Lodge
3-3:15pm		BREAK		
3:15-4:30pm	Robert Stevenson	Kumite concepts and drills	Brown & Black Belts Kyu Belts - Teens/Adults	Perkins Lodge
	*TBD depends on # of kids	TBD	Kyu Belts - Children	Yurt
4:30-4:45pm		BREAK		
4:45-5:45pm	Paul Kim	Knife defense	Black Belts Kyu Belts - Teens/Adults	Perkins Lodge
	*TBD depends on # of kids	TBD	Kyu Belts - Children	Yurt
5:50-6:20pm	Randhir Baines	Yoga stretching	All	Perkins Lodge
6:30-7:30pm		DINNER		Dining Hall
8-9pm	Peter Johnson	Camp Fire and Ask Sensei		Camp Fire Site
9-10pm	Robert Stevenson	ISKA Sensei Mtg/Black Dragon	ISKA Sensei - by Invitation	TBD

SUNDAY, AUGUST 11th, 2019

Time	Instructor/Facilitator	Topic	Group	Location
6-7am	Peter Johnson	Spirited Sunrise Workout	All	Perkins Lodge
7-8am		BREAKFAST		Dining Hall
8-8:30am		<i>BREAK - MINGLE/ASK QUESTIONS</i>		
8:30-9:30am	Rick Llewelyn	Junro Yondan – An Asai Sensei Kata	Brown & Black Belts Kyu Belts - Teens/Adults	Perkins Lodge
	*TBD depends on # of kids	TBD	Kyu Belts - Children	Yurt
9:30-10:30am	Justin Butler	Santen Jujitsu		
10:30-11:30am	All Instructors	Review and questions for Senseis		
11:30-12pm	Llewelyn and Stevenson	Closing ceremony		
Noon		Lunch Pickup & Cleanup		Perkins Lodge
1pm		Must clear camp		